

## Warm Pumpkin Salad

with Toasted Quinoa and Lime



30-40min



2 Portions

With Peruvian-inspired flavours, this generous grain bowl showcases pumpkin, onion and carrot roasted in chimichurri spices, plus wheels of corn that cook in the oven at the same time. We've also toasted the quinoa, so it's nuttier, then tossed everything with fresh parsley, chilli and lime juice for a midweek salad sensation.

## What we send

- parsley, jalapeno
- butternut pumpkin
- chimichurri spice blend <sup>17</sup>
- red onion
- corn cob, carrot
- white quinoa
- lime
- rocket leaves
- pepita seeds

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- fine grater
- foil
- medium frypan
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

## Allergens

Sulphites (17). May contain traces of other allergens.

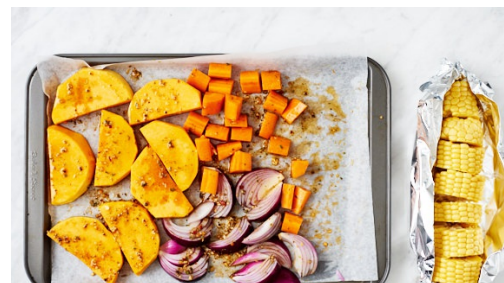
## Nutrition per serving

Energy 900kcal, Fat 42.3g, Carbs 87.7g, Proteins 28.8g



1. Prepare vegetables

Preheat the oven to 200C. Line an oven tray with baking paper. Peel the **pumpkin** and cut into into 2cm wedges. Peel the **carrot**, quarter lengthwise, then cut into 2cm lengths. Peel **onion** and cut into thin wedges. Put pumpkin, carrot and onion on the lined tray. Combine **chimmichurri seasoning** and **1 tbs olive oil** in a small bowl and season with **salt and pepper**.



2. Roast vegetables

Drizzle **chimichurri mixture** over the vegetables and turn to coat. Remove the husk and silks from the **corn** and cut into 8 pieces. Put on a sheet of foil, drizzle with **2 tsp olive oil**, then wrap in the foil. Put on the tray with the other vegetables. Roast for 15 mins, add the **pepitas**, then roast for a further 5 mins or until the vegetables are tender.



3. Toast quinoa

Meanwhile, rinse the **quinoa** well in a sieve (see cooking tip). Heat a medium frypan over medium heat. Cook the quinoa, stirring, for 3-4 mins until golden and toasted.



4. Cook quinoa

Add **250ml (1 cup) water** and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 12 mins or until the water has absorbed and quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins.



5. Prepare dressing

Meanwhile, finely chop the **chilli**, discarding the seeds. Finely chop the **parsley**, discarding the stems. Finely grate the **lime** zest, then juice. Combine the chilli, lime zest, juice and **1½ tbs olive oil** in a small bowl and season with **salt and pepper**. Stir in the parsley.



6. Get ready to serve

Put the **roasted pumpkin, carrot, onion and pepitas** in a large bowl. Add the **quinoa** and **dressing** and stir until well combined, then stir in the **rocket**. Unwrap the **corn**. Divide the **pumpkin salad** and corn among plates to serve.